

## Claims

What is claimed is:

1. A sliding device comprising an elongate member having a soft foam core, said elongate member comprising an intermediate portion having a substantially planar bottom region configured to slide over snow, and two end portions, each said end portion having an upturned shape so as to enable the sliding device to be ridden on a downward slope with either one of said end portions acting as the leading end.

2. The sliding device of claim 1, further comprising one or more handles.

3. The sliding device of claim 1, wherein said upturned end portions are symmetrical.

4. The sliding device of claim 1, wherein said upturned end portions are asymmetrical.

5. The sliding device of claim 1, wherein the elongate member comprises an outer side edge, said outer side edge comprising a concave curve.

6. The sliding device of claim 1, wherein said elongate member comprises an outer side edge, said outer side edge comprising a convex curve.

7. The sliding device of claim 1, wherein said elongate member comprises symmetrical side edges.

8. The sliding device of claim 1, wherein said elongate member comprises asymmetrical side edges.

9. The sliding device of claim 1, wherein said elongate member has an upper surface and a bottom surface, said bottom surface having a slick skin.

10. The sliding device of claim 9, further comprising a traction material on said upper surface.

11. The sliding device of claim 1, wherein the soft foam core extends within said intermediate portion and each said upturned end portion.

12. The sliding device of claim 1, wherein said soft foam core is a low-density polyethylene material.